

PULSE

A look at what keeps ISDH ticking

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FUN FACT

December comes from the Latin word *decem*, meaning "ten" because this was the tenth month of the early Roman calendar.



Indiana State
Department of Health

Mission:

To promote, protect, and improve the health and safety of all Hoosiers

LOOKING AHEAD TO NEW DECADE

At the end of the year, people tend to take a step back and look at what they've accomplished. We have a lot to be proud of in 2019, including our work to reduce infant mortality, the work of our Epidemiology Resource Center during multiple outbreaks, and our continued efforts to collect data on substance use disorder to better inform everyone working on solutions.

But as we prepare to turn the page on another year and begin a new decade, I'm looking ahead, and one thing is certain. Public health will continue to be a top priority for Indiana.

Gov. Eric Holcomb just announced his 2020 Next Level Agenda, and public health is featured prominently, including a proposal to raise the smoking and vaping age to 21 and increase enforcement of current laws for retailers. The governor also called for more mental health care in schools, more community paramedicine pro-

grams and more accommodations for pregnant workers.

These initiatives go to the core of what ISDH is all about, but we are much more than that. Here are other initiatives we'll be working on in 2020:

- Accreditation: Our Feb. 5-6 site visit is the final step in our five-year journey to accreditation from the Public Health Accreditation Board. It will be the culmination of years of effort, but more importantly, it will recognize the work we all do to protect the health and safety of all Hoosiers.

- Next year we'll begin the process of updating our two-year strategic plan. The process will be similar to the one used for the 2018-2020 Strategic Plan, and we will be reaching out across the agency for input.

- Levels of Care: We have already begun to survey birthing hospitals and issue certification levels. Next year, we'll add more hospitals as we work to make sure pregnant women deliver their babies at the facility best equipped to meet their needs.

- OB Navigator: This program, designed to connect pregnant women in areas at highest

risk for infant mortality to the services they need, will officially launch in Allen County in January. I'm excited to see all of the advance planning and effort come to life as this program begins to serve its first moms and babies.

- Youth vaping: As Governor Holcomb proposes raising the age to purchase tobacco products to 21, ISDH will continue its three-pronged effort to reduce youth vaping. Our Behind the Haze media campaign is up and running, and we will be offering an Indiana-specific text feature to help youth ready to quit soon. We're also partnering with schools to roll out educational material for parents, teachers and students.

This list is far from all we'll tackle in 2020, which promises to be another busy year. I know we're up to any challenges thrown our way. But as 2019 winds down, I hope you all have a chance to take a breath, share time with loved ones and appreciate the blessings in your lives.

I wish you all a healthy, happy holiday season.

Yours in health,
Kris

NOT JUST THE FOOD POLICE ANYMORE

A primary goal of the Indiana State Department of Health (ISDH) Food Protection Program (FPP) is to reduce the risk factors of food-borne illnesses in the food establishments across the state of Indiana.

The FPP has evolved with expanded roles since its founding in 1907. Today the program

has four key areas of focus: retail foods, wholesale foods, produce safety and the rapid response team. FPP partners with other state agencies, local health departments and federal programs at FDA, CDC and USDA.

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Retail Foods

The ISDH FPP is the regulatory authority for retail food establishments located on Indiana state property. In addition, the retail program provides guidance and training for local health departments and other state program areas with jurisdiction over the majority of Indiana's retail food establishments.

ISDH FPP administers an Indiana Food Truck Assessment Project (IFTAP) for which the program received the national 2012 Elliot O. Grosvenor Food Safety Award. The Indiana State Police and the ISDH FPP work together to check for food violations during unannounced truck stops.

Wholesale Foods

The wholesale program conducts inspections of manufacturing plants, processors, warehouses, packagers, transporters and food products for distribution to another entity for resale or redistribution. In addition to doing the inspections of these facilities in Indiana, the wholesale inspectors are credentialed by FDA to do 90 inspections per year on its behalf.

The FPP received notification of full conformance with the Manufactured Food Regulatory Program Standards (MFRPS) during an audit conducted in July by representatives of FDA. The goal of the MFRPS is to implement a nationally integrated, risk-based food safety system focused on protecting public health. Indiana is one of just 26 other state regulatory programs to achieve full conform-



This picture of the Food Protection Program was taken at the division's fall staff meeting at Canyon Inn at McCormick's Creek State Park.

ance status.

Produce Safety

Fruits, vegetables and nuts accounted for nearly a quarter of all reported human foodborne illness outbreaks nationwide between 2009 and 2015. The produce safety team began inspecting farms or operations that handle generally eaten raw crops in July 2019. During inspections, farms are evaluated based on worker health and hygiene practices, agricultural water testing, application of biological soil amendments, observation of wildlife and domestic animal excreta, sanitation of production equipment and facilities and record keeping practices.

Rapid Response Team

The rapid response team (RRT) is a formalized partnership between laboratory, environmental and epidemiological professionals. It involves improving partnerships between county, state and federal government agencies that may work together in response to a foodborne illness outbreak. Additionally, the RRT increases statewide and district preparedness by improving interagency communication; developing joint written procedures; and encouraging planning, training, equipping

and exercising together for effective foodborne illness outbreak responses.

Rapid Improvement Events

In 2019, Manda Clevenger became the director of the FPP, and under her leadership, the Food Protection Program is the first ISDH program to participate in Rapid Improvement Events (RIEs) of its entire inspection value stream. The retail team was the first to participate in December, and the wholesale and produce teams will be conducting RIEs during the month of January.



Retail Food Supervisor W. Alan Houchin and Produce Safety Grant Coordinator Vivien McCurdy staff the ISDH booth at the Indiana State Fair.

SPECIAL HONOR FOR McCORMICK, KING

Congratulations go to Immunization Director David McCormick and Deputy Director Jill King, who have been nominated for the IUPUI Spirit of Philanthropy Award for 2019.

The nomination is recognition of a mass immunization clinic at IUPUI in October 2018. "You have certainly been very supportive

of IUPUI in other immunization efforts, but the 2018 clinic was the major one," said Stephen F. Wintermeyer, IUPUI associate professor of clinical medicine, in his nomination notification.

The award ceremony will be April 21, 2020, at the Indiana Roof-top Ballroom in downtown Indianapolis.

A FITTING TRIBUTE

By Greta Sanderson

Sheldon Burke liked Far Side cartoons. He had a pet cat named Claudia. He enjoyed reading classic books, raising house plants, watching horror movies and had a great sense of humor.

That's how his sister, ISDH Senior Business Systems Consultant Cindy Burke, thinks of him, and how he's remembered on a panel that's part of The NAMES Project Quilt memorializing those who have lost their lives to AIDS.

More than 50,000 3-foot-by-6-foot panels have been added to the quilt, and each year, a few of them hang in the atrium at 2 North to commemorate World AIDS Day on Dec. 1. This year, that included one handmade for Sheldon.

The quilt panels displayed at ISDH each year typically honor Hoosiers, but this is the first time a relative of an ISDH employee has been included.

It started with a conversation between Cindy and HIV/STD/Viral Hepatitis Public Health Administrator Colleen O'Brien. Cindy said she hadn't seen her brother's panel for some time, and Colleen relayed the information to Darin Foltz, HIV prevention budget and contracts manager, who orders the panels. Foltz then set to work requesting Sheldon's quilt panel.

Burke learned in October that her brother's panel was returning to Indiana and would be on display at ISDH.

"I got emotional when I got the email," Burke said, adding that her first thought was wishing her late parents could see it. She was proud to walk into the lobby and be greeted by the reminder of her brother.

The panel was presented to The NAMES Project Quilt during a May 1992 ceremony in Indianapolis when she met the quilt's founder and native Hoosier Cleve Jones. Burke traveled twice to Washington, D.C., to see the entire memorial quilt displayed on the national mall, once in 1992 and again in 1996, the last time it was displayed there because it had grown too large to be shown at once. Her brother's name is also included on the Indiana AIDS Memorial at Crown Hill Cemetery in Indianapolis.

Sheldon's panel uses a scene from his house to portray his life, including a teddy bear that he once received as a gift that he thought was funny, a wall hanging with flags of the countries he'd visited, information about his life as titles sewn into the spines of books on the shelf, and the cover of the Far Side book "Night of the Crash-Test Dummies" on the TV screen. He was born Jan. 28, 1956, and

New Home

The NAMES Project AIDS Memorial Quilt was founded by Cleve Jones, a native of West Lafayette. Jones became an activist in San Francisco during the 1970s when he met pioneer gay rights leader Harvey Milk. In 2020, the National AIDS Memorial in San Francisco will become the permanent home of the AIDS Memorial Quilt, and the American Folklife Center at the Library of Congress in Washington, D.C. will become the new home for the archival collection (the letters, photographs, etc.) associated with the AIDS Memorial Quilt.

died Jan. 28, 1992.

Cindy Burke and her brother were born only two years apart, and she cared for him during the last six months of his life.

She reminisced on what a different time it was then. She explained that when her younger sister was tragically killed by a drunk driver in 1984, people were sympathetic. But when her brother died, people still didn't speak of AIDS openly and had little understanding of the disease because of stigma. She even lost friends when he died. That's when she decided she was going to try to educate people.

"I was not going to hide what he died from," she said. "I became an ally for LGBTQ people and others with HIV/AIDS."

Cindy said it's great that medical advances have made it possible to treat HIV like a chronic disease, and she hopes that the eradication of HIV/AIDS is on the horizon.





BENEFIT REMINDERS

Whether it's your family, your coworkers or your significant other, maintaining good relationships takes some work! Your EASY Program can help by showing you how to positively communicate and address conflicts. For example, if money is stressing your relationship, you may want to get help from a financial guide. Or if your relationship is suffering because you don't have enough time in your life, you can tap into referrals for everything from housekeepers to dog walkers. Log on to AnthemEAP.com (Company Code: State of Indiana) to read these feature articles:

- Building social bonds
- Caring and making connections
- Do social ties affect your health?
- Building a strong relationship: finding time

Visit AnthemEAP.com or call 1-800- 223-7723 for free, confidential help from Anthem's team of EASY Program experts.



Anthem® EAP

You earned it, don't lose it! Dec. 31 is the absolute last day to redeem e-gift cards earned through the ActiveHealth program in 2019. All you need to do is log in to the ActiveHealth Portal, click on the Rewards Center, select the e-gift card you wish to receive and verify which email address the e-gift card should be sent to. If you have questions, view the Guide to Redeeming E-gift Cards, or call ActiveHealth at 855-202-4219. The ActiveHealth program resets on Jan. 1 for the 2020 program year. Watch your email and InvestInYourHealthIndiana.com for information on the rewards you can earn in 2020!



STAFFING UPDATES

A warm welcome to the following new staff members who recently joined ISDH:

Alisha Aschenbrenner, quality assurance specialist, ISDH Laboratory; Vijay Pathangi, IT project manager, Immunization Registry, Office of Technology and Compliance; Cynthia Mitsch, public health nurse surveyor, Acute Care; Penny Kosanske, medical surveyor, Long Term Care; and Naylin Lucas, finance manager, who transferred from the Indiana Department of Corrections.

Congratulations to Clinton Walker, who was promoted to business administrator for Indiana Women, Infants, and Children (WIC), and Emily Lynch, who was promoted to WIC public health administrator.

GET LINKEDIN TO LEARNING

In case you missed the September Skills Building Session, you can view the [Get LinkedIn to Learning at ISDH](#) presentation [here](#).

Participants interactively learned how to take full advantage of their free access to a multitude of resources found with LinkedIn Learning, walked through how to set up their account (Fun Fact: You don't have to have a LinkedIn account to access [LinkedIn Learning!](#)), learned how to access LinkedIn Learning wherever they may be AND talked about how they can develop individualized learning paths, and new technical and soft skills and build up their professional development!



LOOK WHO I MET ON THE ELEVATOR!

Payton Revolt



NAME: Payton Revolt

TITLE: Vaccine-Preventable Disease Epidemiologist

Brief job description: I am the coordinator for investigations of vaccine-preventable diseases and also provide entertainment for my colleagues. (ask her about the fire emoji)

Time at ISDH: Two years

What do you like most about working at ISDH: I like working with the dedicated ERC and epidemiologists and providing important health tools for the public.

Other information: I have a dog named Marley aka Marbles and enjoy running and partaking in Culver's concrete mixers. I have a goal of being on the receiving end of a small shark attack that leaves me with a really cool story and scar.



CELEBRATING YEARS OF SERVICE

Several ISDH employees were recognized for their years of service Dec. 4 in the Statehouse atrium.

Recognized for 35 years of service and pictured with State Health Commissioner Dr. Kris Box and Lt. Governor Suzanne Crouch are Mary Jane Henrikson, public health administrator, Indiana Women, Infants, and Children; Sharon Griffin, quality management and education coordinator, Immunizations; Ron Clark, industrial hygienist for indoor air quality, Environmental Public Health; Adrienne Durham, epidemiologist, Minority Health; and Mary Keltner, clerical assistant, Long-Term Care.

Other ISDH staff recognized for their years of service:

35 years

Edwin A. Hartle II, lab technician, Bio Prep, Outreach and Logistics; Michael A. Oberthur, chemist, ISDH Laboratory; Bharatkumar Patel, chemist supervisor, ISDH Laboratory; James R. Powers, water fluoridation program manager, Environmental Health; Lori A. Mathews, administrative assistant (retired), Epidemiology Resource Center (ERC).

40 years

Karen Gordon, epidemiologist, ERC; Kimberly Rief, administra-



tive assistant, Health & Human Services.

45 years

Murray Lawry, operations manager, Trauma and Injury Prevention; Marsha Elaine Lundy, clerical assistant, Chronic Disease/Primary Care/Rural Health.



READY FOR THE NEW YEAR

A big thanks goes to Kim Rief, Tami Barrett, Becky Haywood, Kristy Holzhausen, Elloise Johnson and Teresa Watson for organizing the Dec. 18 ISDH Year-End Celebration in Adams Auditorium. Everyone enjoyed refreshments and a few prizes were given away. State Health Commissioner Dr. Kris Box thanked staff for their service and heart-felt commitment to public health in Indiana. She wished everyone a happy holiday season with their families.

GRADUATED!

The latest class of Leadership at all Levels Silver celebrated its graduation Dec. 17. Sixty-one participants from seven different state agencies were represented. The graduates completed 11 sessions focused on emotional intelligence, empowering people and developing teams.

LABOR OF LOVE



Gov. Eric J. Holcomb, right, gave opening remarks Dec. 11 at the seventh annual Labor of Love Infant Mortality Summit at the JW Marriott. The theme of this year's summit was Connecting Communities, and Gov. Holcomb highlighted how medical professionals and active community members will continue to work toward the goal of helping more infants live to see their first birthdays. Above, ISDH Safe Sleep Coordinator Holly Wood and Grant Coordinator Kacie Chase staff a booth on safe sleep at the event. This was another record year of attendance, with more than 1,500 attendees! A huge thank you goes to everyone who made the event such a success.



Coach's corner

Meet Claude. He's a Health Coach for ActiveHealth. He enjoys helping members create a culture of health at work that supports well-being, productivity, and happiness.



Claude's tips for reducing holiday stress:

- **Don't expect perfection.** Accept that things might be different than they used to be. Being with family and friends is the main thing. Don't sweat the details!
- **Don't overspend on gifts.** It really is the thought that counts. The best gift to give is a happy, unstressed you!
- **Plan ahead to reduce stress.** Make a checklist. Get some things out of the way early, like cleaning or cooking.
- **Make time for yourself.** Read or listen to music. Get a massage or go to the gym. No one will mind if you take some all-important "me" time.



In honor of the Big 10 Football game Dec. 7, the second floor at 2 North decided to make Friday, Dec. 6, Big 10 Friday! The Division of Nutrition and Physical Activity, Office of Public Health Performance and Management and Maternal and Child Health all represented their schools!

Pictured are (back row, from left) Hanna Santuro, Naima Gardner, Penelope Friday, Amy Rupp, Kelsey Barrick, Nicole Morley, (front row, from left) Emma Smythe, Aries Rutledge, Jessi Dickerson and Eden Bezy.